



PORK TACO FILLING, FROZEN

Date: April 2009

Code: B680

PRODUCT DESCRIPTION

- Pork taco filling is made with fully cooked, frozen ground pork. It is seasoned with Mexican seasonings and may contain some vegetable protein, such as soy protein.

PACK/YIELD

- Pork taco filling is packed frozen in a 5-pound bag, which is about 15 servings (about ½ cup each).

STORAGE

- Keep pork taco filling frozen at 0 degrees F until ready to use.
- Store any leftover prepared pork taco filling in a covered container not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

Pork Taco Filling may be heated by:

- Place sealed bag in boiling water for approximately 15 minutes. Open bag carefully to avoid being burned.
Or
- Open bag and cook in a pan on medium heat until product reaches the temperature of 165 degrees F, using a food thermometer.

USES AND TIPS

- Use pork taco filling as the meat portion of tacos, burritos, or enchiladas. Roll up in a flour or corn tortilla with chopped lettuce, tomatoes, and salsa.
- Use pork taco filling in Mexican lasagna; using cheddar cheese in place of mozzarella and salsa in place of tomato sauce. Layer tortillas in place of noodles.
- Pork taco meat can be used in casseroles or soups.
- Top a salad with cooked pork taco meat.

NUTRITION INFORMATION

- ½ cup of cooked pork taco filling counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommended amount is about 5 ½ ounces.
- ½ cup of pork taco filling provides 10% of the daily recommended amount of vitamin C and iron, and 20% the amount of vitamin A.

FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow directions listed under Preparation/Cooking.
- Thaw in the refrigerator.
- Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (150g) cooked pork taco filling

Amount Per Serving

Calories	140	Calories from Fat	50
-----------------	-----	--------------------------	----

% Daily Value*

Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 570mg	23%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 15g	

Vitamin A	20%	Vitamin C	10%
-----------	-----	-----------	-----

Calcium	6%	Iron	0%
---------	----	------	----

*Percent Daily Values are based on a 2,000 calorie diet.

TASTY TACO DIP**MAKES ABOUT 12 SERVINGS****Ingredients**

- ½ cup pork taco filling, thawed
- ½ medium onion, chopped
- 2 teaspoons vegetable oil
- 1 cup canned tomatoes, drained and chopped
- 1 can (about 15 ounces) corn, drained
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 cup fat-free sour cream
- 1 cup American or cheddar cheese, shredded

Directions

1. In a large skillet over medium heat, cook the onion in the oil for 5 minutes or until soft.
2. Add pork taco filling and cook, stirring occasionally, for 5 minutes or until evenly heated.
3. In a large bowl, combine the tomatoes, corn, onion powder, and garlic powder. Mix well.
4. In an 8x8-inch baking dish, spread the pork and onion mix. Top with the sour cream, then the tomato and corn mixture. Top with shredded cheese.
5. Refrigerate for 2 hours before serving. Serve with tortilla chips.

Tip

This dip can be served hot or cold. To serve hot, bake in the oven at 350 degrees F for 15 minutes or until cheese bubbles.

Nutritional Information for 1 serving (about ¼ cup) of Tasty Taco Dip					
Calories	100	Cholesterol	15 mg	Sugar	2 g
Calories from Fat	40	Sodium	250 mg	Protein	5 g
Total Fat	5 g	Total Carbohydrate	9 g	Vitamin A	15 RAE
Saturated Fat	2.5 g	Dietary Fiber	1 g	Vitamin C	4 mg
				Calcium	120 mg
				Iron	1 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

TACO SOUP**MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 cup pork taco filling, thawed
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tablespoon vegetable oil
- 2 cups tomato juice
- 3 cups water
- ½ package taco seasoning mix
- 1 can (about 15 ounces) mixed vegetables, drained
- 1 can (about 15 ounces) tomatoes, undrained

Directions

1. In a large pot over medium heat, cook the onion and garlic in the oil until soft, about 5 minutes. Add pork taco filling and cook for 5 more minutes, stirring once in awhile.
2. Add tomato juice, water, and taco seasoning. Stir well.
3. Stir in corn and tomatoes. Cover and cook 15 minutes.

Tip

Try topping with crushed tortilla chips, a spoonful of low-fat sour cream, or some shredded cheese.

Nutritional Information for 1 serving (about 1 cup) of Taco Soup					
Calories	100	Cholesterol	5 mg	Sugar	6 g
Calories from Fat	30	Sodium	430 mg	Protein	6 g
Total Fat	3 g	Total Carbohydrate	13 g	Vitamin A	323 RAE
Saturated Fat	0.5 g	Dietary Fiber	3 g	Vitamin C	19 mg
				Calcium	50 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.